



The Hawai'i Aging

E LOA KE OLA
MAY LIFE BE LONG



NETWORK

A Publication for Hawai'i's 60+ Population - The Executive Office on Aging - State of Hawai'i

Recognizing Our Aging Network Volunteers

In the 21st century, many of us are tossing out the word "retirement" and instead thinking about a second career, our own business and reforming our lives. We are defying, if not denying, growing older. Hawai'i joins the world in witnessing this aging boom, which is more akin to an explosion. From the silver screen to fast food take-out, the visibility and viability of active seniors have diminished the stereotype of the "rocking chair" elderly.

As the month of May blossoms in bright spring colors, Hawai'i's governor, mayors and aging offices salute outstanding senior citizen volunteers. It is a time for celebrating what is precious and vibrant about *na kupuna* Hawai'i. We recognize our senior citizens who model good citizenship with active and meaningful lives and positive mental and physical health. (See adjoining article).

Hawai'i's multicultural values encourage supportive intergenerational lifestyles. We cherish our ability to be strong for our families and communities. Our diversity, mobility, and increasingly healthy habits will help to foster genuine *aloha*, *kokua* and sharing among family and friends. Today, there are many opportunities for us to take good care of our body, mind, and spirit.

E loa ke ola – may life be long, and may life be healthy!

— Pat Sasaki,
Executive Director

Outstanding Older Americans Honored

Eight outstanding older Americans were honored at a Washington Place luncheon on May 30, 2003.

These volunteers were chosen in each of their respective counties:

Albert Lederberger of Hawai'i County volunteered his time, expertise and compassion to retrain plantation workers and local youth when the Pahala plantation closed. He is an active member of the Neighborhood Watch, his local senior center, RSVP and Volunteers in Mission, a group of volunteers from the mainland who come every year to help the community.

Elaine Sugai of Hawai'i County gives back to her community in countless ways, Project Dana, Sage PLUS, Zonta Club, Hospice of Hilo, Pacific Tsunami Museum, Hilo Hongwanji Peanut Butter Ministry, Boys and Girls Club and RSVP.

Alice Morisako of Honolulu honors her Okinawan culture and heritage by volunteering her numerous skills and talents in the Hawai'i United Okinawan Association, Ginowan Shijin Kai club, Moanalua Senior Citizens Club, Moanalua Gardens Foundation, Moanalua Schools and Kaiser Medical Center.

George Lum of Honolulu volunteers at the Palolo Chinese Home and the Council of Community Churches of Honolulu. He is best known as a teacher and counselor in the Sage PLUS program.

May Fujiwara of Maui County is



Front (l to r): George Lum, Alice Morisako, Naoko Ogata, Albert Lederberger, Back: Governor Linda Lingle, Takeshi Fujita, Elaine Sugai, May Fujiwara and George Fujiwara.

called a "volunteer's volunteer." She has devoted her retirement years to being a senior advocate through the Maui County Council on Aging, the Maui Long Term Care Partnership, and helps more than a dozen community projects.

George Fujiwara of Maui County mirrors his wife May's passion for volunteering time and talents in the community. He serves as a member of Na Kupuna 'Ohana Serenaders, Salvation Army Lahaina Corps, Lahaina Seniors Gateball Club, Lahaina Hongwanji Mission Kyodan and RSVP.

Takeshi Fujita of Kaua'i County leads many other volunteers through the Hui O Laka/ Kokee Natural History Museum, Friends of Hanapepe Library, West Kaua'i Hongwanji Mission and Kaua'i Retired Teachers Association. In

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NETWORK NEWS

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EEOA and Area Agencies on Aging (AAA) are working together to present for community discussion, the beginnings of a blueprint for Hawai'i's aging programs. This agenda includes assuring comprehensive community and in-home based services for older adults and caregivers; the U.S. Administration on Aging initiatives and what they mean for Hawai'i's aging population; strategies to expand Long Term Care Ombudsman services on the Neighbor Islands; sustaining good practices and improving capacities to assure healthy aging; long term care planning by individuals and families; and building community resources for our aging society.

On July 9, the EOA sponsored a conference about senior centers and cosponsored a meeting on August 14 among community colleges to assess their contribution to aging and long-term care resources. The EOA is conducting a long-term care summit on September 5, 2003 among diverse members of our community. Call Pat Sasaki, Executive Director at 586-0100 for information.

EOA is involved in the Department of Health's long-term care strategic planning that addresses the issues concerning people of all ages. We are also working with the AAAs and DOH to develop a program that sustains positive health behaviors among segments of our aging community.

Kealoha Takahashi is the acting county executive for the Kaua'i Agency on Elderly Affairs, with the recent retirement of longtime county executive Eleanor J. Lloyd. The Honolulu Elderly Affairs Division is sponsoring an annual caregivers conference in September. The Maui County Office on Aging is a member of a grant-funded part-

nership to plan and implement long term care resources for Maui's communities. The Hawai'i County Office of Aging continues its dialog and planning efforts with the input of island wide district councils.

The Aging Network, established by the Older Americans Act, evaluates older adult needs, works with and coordinates existing resources, and identifies and develops resources where there are gaps in services. This process continues as our community examines what it means to age, how to age healthily

and independently, and how to maintain dignified and meaningful roles in society.

Additional U.S Census data and a review of statewide priorities will effect an amendment of the current State Plan on Aging. The State Plan incorporates county and area plans on aging and enables Hawai'i to apply for federal funding to support in-home, community-based, and caregiver support services and activities. The State and Area Plans guide the coordination of mandated services that are also supported with state, county, and private funds.

Call your local AAA for information about programs and services for older adults and caregivers. Call the EOA to contribute your ideas and solutions and to share your concerns about aging in Hawai'i.

S'NAP S'HOTS

Right: Elton Ushio, Kaua'i Agency on Elderly Affairs, shows the bite of the big one that got away.



Above: Joan Kawakone of the Hawai'i County Nutrition Program, Pat Sasaki, EOA executive director, and Dennis Shigeta, Hawai'i County Office of Aging.



Above (l to r): John Tomoso (Maui), Alan Parker (Hawai'i), Karen Miyake (O'ahu), Pat Sasaki, Dr. Jane Kadohiro and Eleanor Lloyd (Kaua'i) at the meeting with county executives in May 2003. **Left:** EOA staff members Jeannette Kojiane, Camille Chun-Hoon and Sharon Gouveia.

EOA Welcomes New Staff

The Executive Office on Aging welcomes these new staff members:

Anne Holton is our new LTC Ombudsman Specialist. Anne previously worked for Kuakini Medical Center in the Social Work Department.

Felipe Tan is our new Accountant who provides fiscal management support to the office.

4 Sage PLUS volunteers make unbiased health insurance info happen

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the telephone, provide person to person counseling and make outreach presentations to community organizations, senior citizen clubs, pre-retiree and other interested groups. They also participate in health and senior fairs.

SAGE PLUS volunteer counselors are located on each island except Moloka'i and Lana'i:

O'ahu Volunteers are Dorothy Chock, Doris Chun, Mary Fujitani, Tony Garcia, George Hironaka, Doris Ikenaga, Lillian Ito, Betty Lee, Ted Miyamoto, Mary Miyawaki, Dorothy Nakamura, Carmen Roth, Elaine Sato, Rachel Sato, Henry Shigemura, Florence Shintaku, Ethel Yamane, Tony Yi and George Lum.

Hilo Volunteers include Goldie Kea, Dolores Ritter, Elaine Sugai and Kristi Uehana.

Kona Volunteers include Pilar Asia, Judy Bell, Terry DeVera, Daphne Niau, Sakae Ujiki and Joseph Ah Choy.

Maui Volunteers are Alice Arakawa, Lydia Furumoto, Linda Decker, Mabel Domae, Geri Honda, Laura Sue Malek and Aimee Yatsushiro

Kaua'i Volunteers are Harriet Albao, Geno Beltrame, Asako Iwamoto and Gladys Onishi.

For more information, call 586-7299 or toll free 1-888-875-9229.

Area Agencies on Aging

In 1972, revisions to the Older Americans Act allowed states the option of creating sub-state entities, or Area Agencies on Aging, to oversee services in communities. Four agencies in each county coordinates services and advocate for older adults. Each plays a vital role in Hawai'i's Aging Network.

Kaua'i Agency on Elderly Affairs

4444 Rice Street, Suite 105

Lihue, HI 96766

Phone: 241-6400

Maui County Office on Aging

200 South High Street, Room 420
Wailuku, HI 96793

Phone: 270-7755 or 270-7774

Lahaina Satellite: 661-5486

Moloka'i Satellite: 553-5241

Lana'i Satellite: 565-6282

Elderly Affairs Division

City and County of Honolulu

715 South King Street, Suite 200
Honolulu, HI 96813;

Phone: 523-4361

Hawai'i County Office of Aging

101 Aupuni Street, Room 342

Hilo, HI 96720

Phone: 961-8600

Kona Office

75-5706 Kuakini Highway, Suite 106
Kailua-Kona, HI 96740

Phone: 327-3597

Each county has a council on

aging that advises its area agency on plans, programs, legislation and issues affecting older adults. Members are volunteers of various ages, ethnicities and backgrounds, and are usually appointed by their mayor. Their dedication contributes to the well being of seniors.

Kaua'i Policy Council:

Elizabeth Kapeka Azeka, Betty Moore, Alvin Gene Bullock, Doris Nakamura, Nancy Harada, Joe Neil, Tatsumi Hiramoto, Champ Ono, Evelyn Laureta and Betty Matsumura.

Maui Council on Aging:

May Fujiwara, Marjorie Hill, Jo Anne Johnson, Delafield Kribben, Anthony Krieg, Kimie Lane, Donald Matsui, Henrietta Mokiao, Marjorie Okinaka, Roberta Pestana, Gail Raikes, Sandra Rongitsch, Elaine Rothermenl, Janet Shimada, and Marlene Young.

Honolulu Committee on Aging:

Pastor Darrow Aiona, Lois Bunin, Michael Cheang, Charles Clark, Michael Hirao, Helen Dias-Kapuras Hu, Anastasia Keller-Collins, Bette Larrabee, Maryellen Markley, Ralph Matsuda, Joan Naguwa, Eugene Ogan and Ruth Stepulis.

Hawai'i County Committee on

Aging: Dorothy Baxter, Judy Bell, Shigeko Chang, Romel Dela Cruz, John Fernandez, Sandra Gomes, Violet Ishikawa, George Ito, Billie Keawekane, Timothy Kitagawa, Patrick Pavao, Robert Pennington, Chris Ridley, Edwin Taira, Geraldine Tenn and Louise Winn.

SageWatch Volunteers Watch Medicare & Medicaid fraud

Since 1998, the SageWatch program has been providing education to Hawai'i's Medicare and Medicaid beneficiaries, their families and caregivers about prevention of fraud and abuse in the Medicare and Medicaid programs. It is one of fifty-two programs across the country and in

Puerto Rico. Volunteers have given presentations to over 6,000 persons since the program began. We would like to recognize our volunteers for their excellent work and dedication:

O'ahu: Wah Berman, Mollie Chang, Harriet Cherry, Charles Clark, Tony Garcia, Josephine Villarmia, Herbert Muramoto, Blaise Lai, Sharon Legacy, Jane Pang, Irene Yoshimitsu, and Warren Wong.

Hilo: Barbara Kozuma, Donald Manalili, Mercedes Manalili, Art Martin, Maureen Saturnio, and

Dolores Ritter.

Kona: Pilar Asia, Cecil Bindel, Terry Devera, Peter Hoffman, Kay Kaneko, Daphne Niau, Bernt Sparthan, Eleanor Sterling, and Sakae Ujiki.

Maui: Loretta Chin, Pam Cochrane, Bessie DeMello, Twylah Fitzpatrick, Lydia Furumoto, and Paul Larigee.

Kaua'i: Basilia Asuncion, Annie Cabanting, Piilani Kinimaka, Eric Nordmeier, Jennie Yukimura, and Sharon Vea.

Advisory Board Looks Out for Elderly ⁵



Barbara Ideta, Abe Kaahui, James Kam, Shim Kanazawa, Carol Kikkawa-Ward, Harold Kozuma, Reverend Arthur Martin, Bob Masuda, Betty Matsumura, Bruce McCullough, Laura Millman, Charlene Sumida, Margaret Trevor, Daniel Vargas, and Joan White. Ex-officio members include Yvonne Chong, Annette Young-Ogata, Gibby

The Policy Advisory Board for Elder Affairs (PABEA) are members of a statewide body knowledgeable about issues on aging. Most are over 60. Ex-officio members are from governmental entities providing programs serving elders. Members are appointed by the Governor. Although PABEA provides no direct

services, it represents the interests of older persons. Meetings are held on the first Friday of each month.

Newly elected officers are Bobbie Onzuka-Anderson (Chair), Bob Takushi (1st Vice Chair), and Bob Masuda (2nd Vice Chair).

Current members include Dr. Colette Browne, Richard Caldito, Sr., Warren Haight, Archie Hapai III,

Fukutomi, Ken Tatsuguchi, Jo Ann Uchida (Catherine Chun-Hoon), Bob Calvert, Dr. Eldon Wegner, and Dr. Chiyome Fukino (David Fray).

We bid a fond aloha to Wayne Hikida, Fely Libre Faulkner, Linda Spratt, Jill Tokuda, Tim Walsh, and Dr. Glen Honda. Their terms expired on June 30, 2003.

New Resource on Nursing Homes

Recently, the Centers for Medicare & Medicaid Services (CMS), a federal agency of the U.S. Department of Health and Human Services, began publishing data on quality of care in America's nursing homes. This information is accessible at www.medicare.gov under "Nursing Home Compare," or by calling 1-800-MEDICARE (633-4227).

The website reports on how well nursing homes do on "quality measures" such as loss of ability in performing daily tasks, pressure sores, pain and physical restraints. It also provides state and national averages so consumers can see how an

The website reports on how well nursing homes do on "quality measures" such as loss of ability in performing daily tasks, pressure sores, pain and physical restraints.

individual home performs in comparison to others. Paper copies of the same information are available through a "print on demand" feature of the 1-800-MEDICARE service.

The Mountain-Pacific Quality

Health Foundation, the Medicare Quality Improvement Organization for Hawai'i, offers health care providers and other professionals information on this new resource and brochures for distribution. The Foundation can be contacted at 1-800-524-6550 or 808-545-2550.

The Mountain-Pacific Quality Health Foundation brings you this message under a contract with the Centers for Medicare & Medicaid Services (CMS), a federal agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy.

6 Discount Medications

Seniors who live on a fixed income may qualify for inexpensive or discount medications through various patient assistance card programs. Eligibility varies among companies with the exception of the Eli Lilly and Pfizer programs. Prices may also vary among pharmacies.

Eli Lilly's Lilly Answer Card is the most inexpensive at \$12.00 per month for each eligible drug. Income level must be \$18,000 for singles and \$24,000 per couple. You must be eligible for Medicare. Call your pharmacy to find out if they participate in this program. For an application, call 1-877-795-4559 or visit www.elililly.com.

Pfizer's Share Card cost \$15.00 per month for each eligible drug. You must be enrolled in Medicare, have no prescription drug coverage, and not be eligible for Medicaid or any other drug benefit plan funded by the state. Also your gross annual income should be

less than \$18,000 for singles or \$24,000 per couple. Call 1-800-717-6005 for an application or visit www.pfizer.com.

GlaxoSmithKline's Orange Card is for people aged 65 years and older and the disabled, who are enrolled in Medicare. Income levels are \$30,000 for singles or \$40,000 per couple. Those who lack public or private insurance programs or other pharmaceutical

benefit programs, such as Medicaid, are eligible. Call 1-888-672-6436 for an application or visit www.gsk.com.

Novartis Care Card and TogetherRX Card are for those on Medicare who have an annual income of \$33,000 for singles or \$44,000 per couple. Call 1-800-865-7211 or visit www.TogetherRx.com. Costco and Longs accepts this card.

Fraud Fighters Conference

Sage Watch will sponsor a conference on October 3, 2003 at the Hilton Hawaiian Village Coral Ballrooms from 8:00 to 4:00 pm. The conference will focus on protecting older adults against scams. To obtain a registration packet, please contact SageWatch at 586-7281 or 1-800-

296-9422. You can also call 586-0100. Sage Watch is Hawai'i's only program that trains volunteers to give presentations to various groups in the community on how to prevent fraud, waste, and abuse in Medicare and Medicaid. For more information on being a volunteer or to make a referral about a possible fraud or abuse case, call SageWatch at the phone numbers above.

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